

1 Abstract of the Disclosure

2       The invention relates to a barbell weight plate that has first and second bodies hinged  
3 together to permit the bodies to be separated or closed. A latch member is carried by one of the  
4 bodies and a latch pin by the other to allow the bodies to be latched or locked together. At the  
5 center of the bodies when latched together, there is a circular opening extending through both  
6 bodies that has a radius of sufficient dimension such that when the bodies are separated, the  
7 barbell weight plate may be clamped to compressively engage the curl bar.